

Wayne County Area Agency on Aging

News For All Seasons



Wayne County Flu Clinics

September 2013

Issue 38

Wayne Memorial Hospital's Home Health Department and the Area Agency on Aging in Wayne County will offer flu shots for the 2013-2014 season at the locations listed below. The doors to all the centers will open at 8:30 am. A "number system" will be used to facilitate flow. Anyone seeking a flu shot must go to the Senior Center on the day the shot is given and pick up a numbered ticket at which time they will be told their vaccination time. In this way, people can leave and come back at their scheduled time.

Hospital personnel will follow the Centers for Disease Control recommendations for this year's flu shots, according to Diane Popovich, Manager of Wayne Memorial Home Health. That means that flu shots will be prioritized. Doses will be administered to people age 60 or older and people at risk who have a prescription from their physician. Healthcare workers who provide direct patient care and residents of long-term care facilities will also be on the priority list. No flu shots will be offered to children at these clinics.

Flu shots are covered by *some* insurance plans, including Medicare, Geisinger Health Plan and First Priority. Please have your insurance information available on the day of the clinic. Other health insurance plans do not cover flu shots (Blue Cross and Medical Assistance Access). If you have to pay for a vaccine, the private pay charge will be \$25.00. A limited amount of doses, supplied by the Department of Health, will be available for a \$5.00 fee (example: Medical Assistance). Please call ahead if you need special consideration.

A "flu shot" contains an inactivated vaccine (killed or dead virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

Please call 570-775-5550 for more information on the Pike County Area Agency on Aging flu shot clinics.

For more information, such as specific directions to a site, you may contact the Wayne County Area Agency on Aging at (570) 253-4262. Please visit us online: <http://aging.co.wayne.pa.us>

Date/Time	Location
Tuesday, September 10 th , 9 am-11am	Hamlin Senior Center, 689-3766
Thursday, September 12 th , 9 am-12 noon	Honesdale Senior Center, 323 10 th Street, 253-4262
Monday, September 16 th , 9 am-11am	Hawley Senior Center, 226-4209
Thursday, September 19 th , 9 am-11am	Northern Wayne Fire Company, Lakewood, 798-2335
Tuesday, September 24 th , 2 pm-6 pm	Wayne County Chamber of Commerce, 253-1960
Wednesday, September 25 th , 9 am-11am	Damascus Twp Community Bldg., 224-4217
Thursday, October 31 st 10 am-12 noon	Senior Expo at Ladore Lodge, Waymart

<p>2nd</p>  <p>Labor Day</p> <p>Center Closed</p>	<p>3rd</p> <p>Grape Juice Turkey Sausage w/ Peppers & Onions on a Wheat Roll Pierogies Wax Beans Fruit Cocktail</p>	<p>4th</p> <p>Beef Cubes w/ Gravy Rice California Blend Rye Bread Apricots</p> 	<p>5th</p> <p>Turkey Sandwich on Whole Wheat Bread Lettuce & Tomato Mayo Macaroni Salad Fresh Fruit</p>	<p>6th</p> <p>Pineapple Juice Fish Sticks Pasta w/ Tomato Sauce Cole Slaw Whole Wheat Bread Lemon Pudding</p>
<p>9th</p> <p>Apricot Nectar Salisbury Steak w/ Gravy Noodles Peas & Carrots Whole Wheat Bread Peaches</p>	<p>10th</p> <p>Tomato Juice Baked Fish Rice Pilaf Brussels Sprouts Whole Wheat Bread Fresh fruit</p> 	<p>11th</p> <p>Turkey w/ Gravy Homemade Stuffing Mashed Potatoes Broccoli Dinner Roll Red, White & Blue Dessert</p>	<p>12th</p> <p>Orange-Pineapple Juice Sweet & Sour Pork over Rice Oriental Blend Veggies Rye Bread Jello w/ Whipped Topping</p>	<p>13th</p> <p>Stuffed Shells w/ Sauce & Parmesan Cheese Italian Blend Veggies Tossed Salad w/ Dressing Italian Bread Vanilla Pudding</p>
<p>16th</p> <p>Veal Patty Noodles w/ Gravy Summer Squash Whole Wheat Bread Tropical Fruit</p>	<p>17th</p> <p>Meatloaf w/ Gravy Scalloped Potatoes Mixed Vegetables Dinner Roll Lemon Meringue Pie</p> 	<p>18th</p> <p>Orange Juice Tuna Noodle Cas- serole Peas & Carrots Rye Bread Fresh Fruit</p>	<p>19th</p> <p>Cream of Potato Soup Chicken Salad on wheat w/ LF mayo Lettuce & Tomato Three Bean Salad Mandarin Oranges</p>	<p>20th</p> <p>Grape Juice Spaghetti w/ Meat Sauce Green Beans Wheat Dinner Roll Banana Pudding w/ Whipped Topping</p> 
<p>23rd</p> <p>BBQ Meatballs Rice Mixed Vegetables Whole Wheat Bread Orange</p> 	<p>24th</p> <p>Meat Lasagna Italian Blend Veggies Italian Bread Cinnamon Apple Slices</p>	<p>25th</p> <p>Roasted Chicken Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Dinner Roll Granola Bar</p>	<p>26th</p> <p>Ham, White Beans, & Cabbage Potatoes Carrots Pumpnickel Bread Honeydew Melon</p>	<p>27th</p> <p>Apple Juice Baked Fish w/ Garlic Butter Red Beans w/ Rice & Peppers Spinach Whole Wheat Bread Pears</p>
<p>30th</p> <p>Spanish Rice w/ Meat Peas & Carrots Tossed Salad w/ Dressing Corn Bread Fresh Melon Cup</p>	 <p>All meals served with milk</p>			<p>September 2013</p> 



ALL CENTERS CLOSED – LABOR DAY - MONDAY, SEPTEMBER 2

EVERYDAY AT THE HAMLIN CENTER

FLU SHOTS – TUESDAY, SEPTEMBER 10th – 9 -11



<u>Monday</u> Cards & Games 10:00 Exercise	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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FLU SHOTS – MONDAY, SEPTEMBER 16th – 9 - 11 AM

EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-3 Dancing 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Bingo 11 - 3 Card club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1:00 Movies
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EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u> 10:00 Walking Club 11:00 Bridge 1:00 Crafts 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00 Pinochle 	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 11:00 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub
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Caregiver's Support Group – Wednesday, September 11, @ 1:30

Memoir Writing Group - Friday, September 6th - 1:00 – 3:00

Memoir Writing Group - Friday, September 20th - 1:00 – 3:00

FLU SHOTS – THURSDAY, September 12th – 9 AM - 12 PM





Pictured left: Henrietta Beaulieu, Barb Lagasse
 Pictured below: Dottie Maritato, Peg Lehr, Connie Maritato
 Bottom Picture: - Peg Lehr, Connie Maritato, Tommy Roell

The Hamlin senior center enjoyed a great day of music, dancing, great food and prizes! Their country themed annual picnic was held on July 19th at Lake Genero with over 150 in attendance. We were honored to have a special guest. David Gingerich, Deputy Secretary of Aging, joined us for the afternoon. The Hometown Boys entertained and had the group dancing. Everyone enjoyed a traditional summer barbeque featuring hamburgers, hot dogs, potato salad, baked beans and of course ice cream for dessert!



HAMLIN NEWS

The seniors dusted off their cowboy hats, Sandi shined up her red cowgirl boots and I wore my new t-shirt that read "What happens in the barn... stays in the barn" and we were ready for our country and western style picnic. This year, we celebrated our 15th annual picnic on July 19th and it was hot, hot, hot and so was the music. It was 95 in the shade, but with a nice breeze off of Lake Genero and the fans running on high, the seniors had a great time dancing to The Hometown Boyz. The band played all their favorite songs and really kept the seniors swinging. Many happy seniors went home with fantastic door prizes, raffle prizes and/or Weis' gift cards from bingo. We were honored to have David Gingrich, Deputy Secretary of Aging, come all the way from Harrisburg to join us for the day. And the seniors are always happy when our 3 county commissioners join in the fun too.

I want to thank everyone who helped to make the day such a success. Mark and Charlie grilled up the burgers and dogs to perfection and the Honesdale kitchen crew did a wonderful job with the potato salad and baked beans. The campers from Trails End Camp in Beach Lake were really a big help serving the food. The camp counselor told me the kids are very apprehensive about coming to the picnics, but on the way home they can't stop talking about what a great time they had with the seniors. Thanks to all my senior volunteers, not only at the picnic, but also every day at the center. I couldn't do it without you! Thank you to all the folks behind the scenes, like the transportation department and van drivers, Roger from maintenance, and Patty and Carleen too. Plus a big, big thank you to all the local merchants who donated prizes and gift certificates. I must tell you one of the least favorite parts of my job is to go out and ask for donations. But every year I am amazed at the community support we receive from our local businesses. We had 50 people donate this year with close to \$1000 worth of donations. So please check out the list and when you are out shopping let the business owners know how grateful we are for their generosity.

The line dancers have dragged Theresa out of retirement and they are back to line dancing twice a month. We clear the floor after lunch on the 2nd and 4th Thursday of the month. If you would like to join them call me for more details.

The seniors and I would like to thank all the folks who donated items for our annual yard sale and craft fair. Also, a big thank you to all my faithful volunteers who helped make the day such a big success. It was a fun day with lots of good buys.

Bus trip season will soon be over once the cold weather returns to Wayne County, but we have a couple more trips to get in this year. Seats are filling fast for Corning Museum of Glass on Sept. 12th and the Oktoberfest at the Platzl Brayhaus on Oct. 10th. I am always glad to get your suggestions for next year as I start to run out of ideas, so keep them coming! I have already heard you want to return to Gettysburg, Lancaster and the Yuengling's Brewery and Cabala's. I have already made reservations for the Paper Mill Playhouse on June 26, 2014 to see the play *Grease*. See you on the bus!

Donations for the Hamlin Picnic

Agway of Greentown
 Agway of Lake Ariel
 Al Dente's Pizza
 Allstate Insurance – Dan Truskowski
 Antidormi Farm Market
 Barbara Phillips Beauty Shoppe
 BTM Flooring
 Chapman's Barber Shop
 Creative Cuts
 Dime Bank of Greentown
 Dutch's Market
 Ehrhardt's Resort
 Electric City Tattoo Gallery – Elijah Birtel
 Ethel Kinne
 Frank's Drug Store
 Hamlin Carr Wash
 Hamlin Chiropractic – Dr. Cindy
 Hamlin Dental Center
 Hamlin Distributors
 Highhouse Oil Operations
 Honesdale National Bank
 Hunters' Gallery
 Joann Strada's Beauty Salon
 Kay's Italian Restaurant
 Kellogg's Nursery
 Klepadlo's Litening Auto
 Ledgeale BBQ Pit
 Linda Nicholson
 Locklin's Bottled Gas
 Lori's Corner Kitchen
 Martin's Hallmark (Honesdale)
 McDonald's of Honesdale
 Olsommer-Clarke Insurance
 Pennstar Bank of Newfoundland
 Piero's Pizza
 Radio Shack in Hamlin
 Robbie's Deals for Dollars
 Ronald & Maxine Davis
 Shaffer's Hardware– Roger Durlim
 Snap Shots Diner
 Sue's Corner Cuts
 Sunshine Dry Cleaners
 Tanglz Hair Studio
 The Buffalo Shoppe
 The Hotel of Newfoundland
 Trio's Restaurant
 Wal-Mart of Honesdale
 Weis Market (old Mr. Z's)
 Weis Market of Honesdale
 Wilmot's Nursery

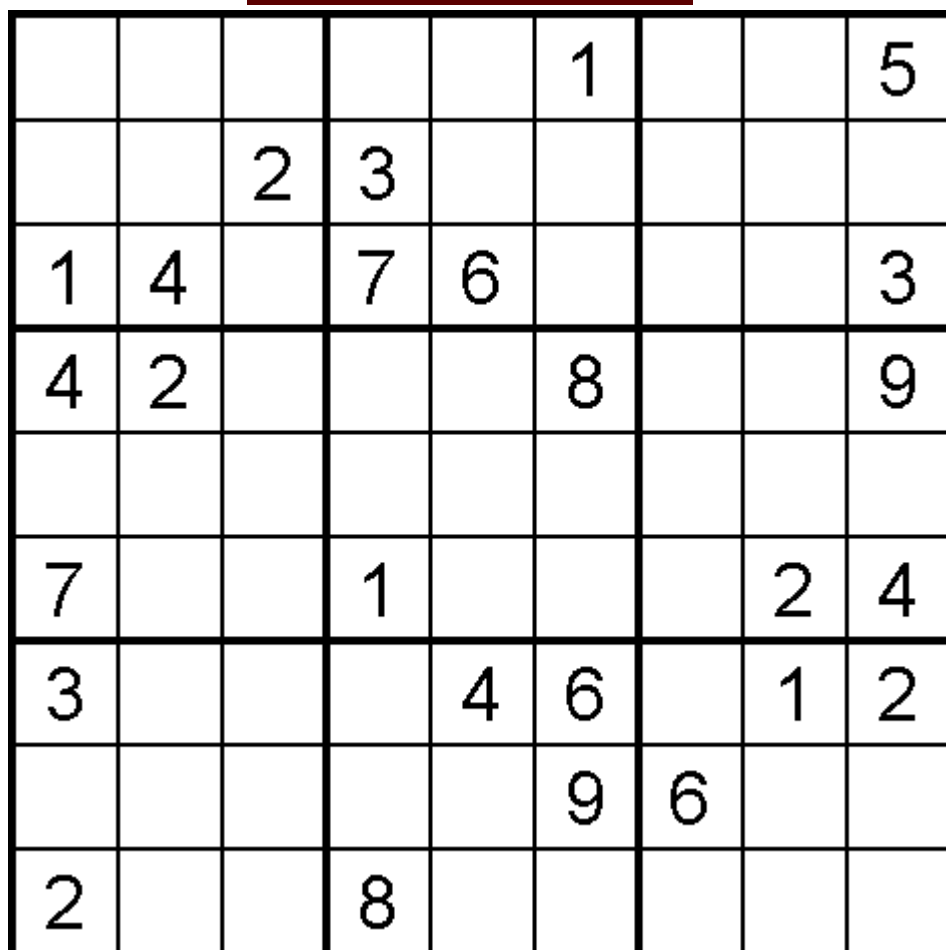
Hawley says "Thanks to all our kind merchants"

J.V.Hunt	Hawley Diner	Ehrhardt's Waterfront Rest.
D&L Jewelers	The Dime Bank	Lake & Leisure Shop
Church St Hardware	Theresa's Hair Revue	Teeters' Furniture
The Other Shop	Pat's Bar	Trading Post
What Knots	Capri Restaurant	Paupack Blueberry Farm
IGA Lake Region	Wayne Bank	Gresham's Chop House
Barb Wallace Hair Designs	Mike's Pizzeria	Shooky's Dist.
Trish's Bagels	Joe & Lorenzo's Pizza	Van Gorders' Furniture
Hawley Auto Parts	Doodles & Such	Cordaro's Restaurant
Weis Market # 170	McDonalds Restaurant	Greentown Agway
Original Pocono Pizza	Baer Sport Center	Judy's Hairway to Heaven
Miss Elly's	Shelly's Restaurant	Falls Port Inn
Cora's 1850 Bistro	Pennylane Candies	Madigan Gifts & Jewelry
Hawley Sunoco	Hawley Garage	The News Eagle
Wallenpaupack Sports Shop	Northeastern Lock	Ravyn & Robyn Restaurant
Finan's Barber Shop	Thomas Michaels	Dunkin Donuts
Honesdale Greenhouse Flower Shop		



www.sudokucollection.com

Answer on page 10



HAWLEY NEWS

We could not have asked for better weather than we had on our picnic day. We enjoyed all the Wild West music and were up on our feet dancing, singing and enjoying each other's company. We enjoyed a delicious picnic lunch, door prizes and a scrumptious dessert. I want to extend my sincere thanks to all who helped make our picnic a BIG success. We thank the Honesdale kitchen staff for all the good food, the teenagers from Path in Honesdale, Pat Perkins and all my wonderful volunteers. Thanks to all the Hawley merchants and surrounding areas for reaching into their hearts again this year and donating the many door prizes that made the faces of our seniors

glow. (SEE LIST ON PREVIOUS PAGE)

It has been brought to my attention that a pinochle group would like to form at the center. Anyone interested, contact Lu at 570-226-4209.

Gym equipment (including a Bow Flex machine) is at the center for people of all ages who are interested in getting physically fit, staying in shape and also saving money on a gym membership. If interested please call the center for more information. We are open Monday – Friday from 8am-3pm.

We are calling all crocheters and knitters to help make scarves for the Seaman's Society. Fridays from 1-3pm at the center. We provide all materials, but are always thankful for donations of any sort. Thanks in advance.

Wii bowling leagues will begin the 2nd week of September, Mondays, 1-3pm for 5 weeks. Winning team will receive a prize at the end of the tournament.

We are planning to have a dance group here starting Wednesday, September 4th from 1-3pm. Bring a partner or *trip the light fantastic* on your own. Meet new people, stay in shape and have some fun. We will supply all kinds of music to dance to and enjoy.

Think about joining us for lunch (60 and older), if under 60, you could pack a lunch and still come and join us for the many activities we have here to offer you. Please call a day in advance to make your lunch reservations. (570-226-4209) Lunch is at 12 noon.

Our September birthdays are: Ernest Seagraves, George Frank, Florence Weaver, Mary Benko, Joan Vandevaarst and Nancy Hartmann. Happy Birthday to all of you.



APPRISE..... Pat Perkins

I hope everyone is enjoying their summer, although the air already feels like Fall. It seems a bit too early for that. In last month's article, we wished Lorrie a Happy Retirement, but this month we are welcoming Maggie Kerbs to our Center Staff and eventually to the APPRISE staff. We are happy to have her join us, so stop in and introduce yourself. I've had some calls on ambulance service recently, and I've done articles in the past on the billing. Once again, I feel that I should provide a reminder on Medicare rules regarding this topic, so I will do a replay of a past article.

Medicare will only pay for the company that provides the transportation. In the past, you were able to call your local ambulance company to provide services, they billed Medicare, and Medicare's allowance was accepted as payment. You may have been billed for 20% or your supplement would have covered that. Today, most local companies are not staffed to answer emergency calls, and when services are needed, 911 is called. If you are calling for transport and are not in a life threatening situation, please remember to state that you do not need paramedics. (Advanced Life Support) The Advanced Life Support staff must identify themselves when they enter a vehicle, so if the ALS vehicle arrives as you are preparing to depart on the Basic Life Support vehicle you can again state that you do not require their services. You may need to state this very adamantly and there is no law that says you have to accept their services and let them ride along. If they do come on board and provide even minimal service, you will receive a bill of \$600-\$700 (bills that we have seen) and it will not be covered by Medicare. There may have been "agreements" between local ambulance companies and ALS providers in the past that allowed both parties to share the Medicare payment, but we have not seen this recently. You may want to call your area's provider and see if an agreement exists. BUT as I have said in the past, do not risk your health if there is any doubt as to the level of care that you need. Bills can be dealt with later, especially if you feel there were no additional services provided beyond the Basic Life Support. I'd also like to remind Medicare beneficiaries who pay for a supplement policy to check and question bills from any provider. If both Medicare PART A & B deductibles are covered under your policy, most services should be paid at 100%. Incorrect information, coding errors and failure to submit bills by the providers can generate an incorrect bill. If anyone has a particular topic they would like to see addressed in the newsletter, please call Pat in Honesdale – 253-4262 or Lu in Hawley – 226-4209.

SEPTEMBER 2013 - SENIOR CENTER MONTH

In recognition of Senior center month, the three centers in Wayne County would like those 60 and over, who have never been to a senior center, to join them for a free lunch on any day throughout the month and experience what our centers have to offer. Transportation would be free also if needed. The theme for 2013 is "Senior Centers: Experts at Living Well." We offer a variety of programs and activities to enhance the lives of seniors. Please call the center of your choice for information- Earl Simons Senior Center – 323 10th St, Honesdale ,PA, (253-4262) Hamlin Senior Center-Route 590, Salem Township Municipal Building,(689-3766) and Robert J. Drake Center, 300 Park Place ,Hawley, PA(226-4209). You can also check us out on the web: www.aging.co.wayne.pa.us. The Menu and Activities calendar are in the Newsletter, so choose the day that you prefer and call for a reservation. Reservations for transportation are two days prior and lunch is one day prior. You might be surprised at all the services we provide!!!

SMALL JOBS CREW IS AN ACT OF KIND- NESS

In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help.

Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others. Please contact us with your information and needs and we will be happy to assist. Contact : Gary and Kim Wyler—570-226-0554

OKTOBERFEST At the Platzl Brauhaus, Pomana, NY Thursday, October 10th \$69 per person



A full day of German fun, food, music, dancing, entertainment & BEER!! Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat on the bus.

*Money needs to be in by Tuesday, September 24.

**Cancellation policy: Money refunded only if your seat can be filled.

DEPART:

Honesdale McDonald's 8:00 am

Hawley Market 8:30 am

Hamlin Center 9:00 am

ARRIVE HOME:

Honesdale 7:30 pm

Hawley 7:00 pm

Hamlin 6:30 pm

VOLUNTEERS WANTED!!

Do you have a few hours to spare each week? Are you looking for a chance to brighten someone's day? The Wayne County Area Agency on Aging is looking for people to deliver hot meals to our consumers.

Monday is the day a volunteer is needed for the Hawley area as well as a fill-in for any day someone may be needed. Please call Carleen Faatz, Director of Community Services at 570-253-4262, ext. 3112 or email cfaatz@co.wayne.pa.us, for more information..... Thank you

\$40.00 p/person (meals not included)

We will travel to Corning, NY to the beautiful Corning Museum of Glass. After we sign in at the museum, lunch will be first on our agenda. You are welcome to have lunch at the museum's GlassMarket Café or use the museum's shuttle bus to go into town. The shuttle runs every 15 minutes and will drop you off on Market Street, close to the Corning Farmer's Market. There are several restaurants within walking distance to choose from. (If it is raining, we may go directly to Wegman's and have lunch there.) You have time to explore on your own before our guided tour of the museum at 2 pm. We will depart for home at 4 pm and have a dinner stop along the way. Remember to bring extra money for your meals - sorry, they are not included. Sign up with Marie at 253-5540 or Debbie at 689-3766.

Please have your money in by Monday, September 2. Cancellation Policy: Money refunded only if your seat can be filled.

Depart:

Honesdale McDonalds @ 7:00 am

Hawley Market IGA @ 7:30 am

Hamlin Center @ 8:00 am

Arrive Home:

Honesdale @ 9:00 pm

Hawley @ 8:30 pm

Hamlin @ 8:00 pm

Corning Museum Of Glass: Thursday, September 12



Honesdale Earl J. Simons Center 323 10th Street, Honesdale, PA 18431
570-253-4262/570-253-9115 fax end of 10th St.across from stone jail

Hamlin Center Salem Township Building, Route 590 Hamlin, PA 18427
570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners
turn right onto 590 West, go 1/2 mile turn right after Radio Shack

Hawley Robert J. Drake Senior Community Center 300 Bingham Park
Hawley, PA 18428 570-226-4209 // 570-226-3422 fax
Route 6 to Hawley, past ball field across from Mayor's
office, just before bridge, left onto Park St

Transportation 323 10th Street, Honesdale, PA
18431 8:00 am - 4:00 pm www.co.wayne.pa.us go
to "human services" click on "transportation" 570-253-
4280 out of 253 exchange 1-800-662-0780

Production Coordinator: Kathy Robbins

Menu Coordinator: Amy Costantino

Editor: Kathleen Terry

Wayne County's Information and Referral Program NOW ONLINE!
We're free and confidential - connect-
ing people to services in Wayne
County. Call the WINFO Line(570)253-
5986 or Toll free 1-866-253-5986

OR you can logon to the Wayne
County Website at www.co.wayne.pa.us

www.aging.co.wayne.pa.us
kterry@co.wayne.pa.us

Wayne County Area Agency on Aging

323 Tenth Street
Honesdale, PA 18431
570-253-4262
570-253-9115 fax
1-800-648-9620 elder
abuse / protective services



6	3	7	9	8	1	2	4	5
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